

# WSLC Group Fitness Timetable

## Land-based Instructor Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>			
6.15am	<b>HIIT Circuit</b>		Strength Development <small>LES MILLS</small>		<b>Bootcamp</b>		
8.30am			<b>Spin45</b>		<b>Spin45</b>		
8.30am	<b>Strong Movers</b>	<b>Retro Aerobics</b>	<b>Strong Movers</b>		<b>Pilates</b>		
9.30am	<b>Strong Movers</b>	<b>Vinyasa Yoga</b>	<b>Pilates</b>	<b>Move n Tone</b>	<b>Dance Fit</b>	<b>Strong Movers</b>	Strength Development <small>LES MILLS</small>
10.30am	<b>Pilates</b>	<b>Move n Tone</b>	<b>Strong Movers</b>	<b>Stretch</b>	<b>Stretch &amp; relax</b>	<b>Pilates</b>	<b>Yin Yoga</b>
5.30pm	<b>Hatha Yoga</b>	<b>Pilates</b>					
5.30pm	<b>Strong Fit</b>		Strength Development <small>LES MILLS</small>	<b>Bootcamp</b>			

## Water-based Instructor Classes

8.30am	<b>Aqua Immersion</b>	<b>Aqua Strong</b>	<b>Aqua Strong</b>	<b>Aqua Cardio</b>	<b>Aqua Immersion</b>		
9.30am	<b>Aqua Immersion</b>	<b>Aqua Strong</b>	<b>Aqua Cardio</b>	<b>Aqua Tabata</b>	<b>Aqua Tabata</b>		
10.30am	<b>Aqua Fusion</b>		<b>Aqua Cardio</b>		<b>Aqua Cardio</b>		
6.45pm		<b>Aqua Strong</b>					

 **CLASS BOOKINGS CAN BE MADE VIA THE NEW PERFECT GYM CLIENT PORTAL**

**STEP 1**  
Book your class online

**STEP 2** - When you arrive at the centre,  
Scan in at reception to mark yourself present for class

\*\*\*Alternatively - you can still book in for a class at reception, like you always have.